OF INTEREST TO THE WOMEN

FROM WOMAN'S POINT OF VIEW

Possibly men may not think that they need advice in the matter of picking wives, but we may be pardoned for thinking that some of them might do better than rely upon their own judgment. No workingman can afford to marry an idle, incapable woman, or one with chronic bad health. A man who has to count pennies is better off alone unless he can find a woman who is thrifty and competent to carry her share of the bur-

Any man is unwise who saddles himself with a wife addicted to nagging. There are ways of discovering such traits before it is too late, and honorable ways of avolding misery. An untidy wife is enough to drive a man to dissipation, and she, too, is easily discovered before marriage. The world is full of capable sweet women who would make wives but one has to search for them. They are not among the free and easymannered girls to be met in public places and wooed in a day.

It is not nice to hear the blunt things said about women who are careless in their behavior, but the truth of some of them cannot be denied. Apparently men do not mind such things, for many of these girls get good husbands. Marriages are so thoughtlessly made nowadays that the requisites of wifehood are lost sight of. A poor man's wife should be a homemaker, first of all, should be able to sew and mend, and look out for the hardearned dollars brought home by her husband. She does not need accomplishments, though they may not come amiss after the other things are mastered.

There are worse fates than looking after the comfort of a devoted husband. It is worse to live alone in one stuffy room and wash handkerchiefs at night, and peel them off the mirror, where they have dried while the owner slept. It is worse to wonder what would happen should sickness make work impossible for in one's own home there is bound to be good care under such circumstances. A bad husband is an incumbrance, but a who has one should offer daily thanks for

From the President of the United States down to the humblest worker, men have owed much to their wives. Most of them have taken pride in confessing it, and declaring that without the encouragement and love given them every day there would have been nothing worth while in their lives. A man recently pointed out to me, with a great show of pride, the ne which is now sheltering his old age It was bought by his wife, in ways which only a careful, thrifty woman knows. He says that he spent every cent he got hold of, but she saved what she could coax from him. The best investment she could think of was a home for old age. BETTY BRADEEN.

BUTTERMILK A REFRESHING DRINK AND COSMETIC.

From the Philadelphia Star. During the hot, sultry days, many persons drink buttermilk to cool and refresh little thinking, too healthful benefit that is to be derived from it. Buttermilk should be regarded as a necessity in every household during the warm weather, for it not only is inexpensive, but highly nutritive, easily digested, as well as very refreshing.

That some persons do not like the flavor of it at first is a drawback, but one that can be easily overcome, and instead of getting a phosphate or ice cream soda when thirsty, it is recommended that a girl get a glass of buttermilk. It is excellent for the complexion and is a benefit for the system. Incidentally, while on the subject of its palateableness, let me state that there is more than one quality of buttermilk, and that which is most healthful is not biting acid. It has a certain tartness, but when sour it should not be drunk, although even in this condition it is not harmful. Also, it is easier to drink when cold. It should be sipped

The odor of buttermilk is not unpleasant, and in that lies the desirable fea-ture of its use, Nevertheless, as a bleaching and refining agent it is most valuable. In cases of sunburn or freckles the milk should be put on at the earliest opportunity, letting it dry into the skin. Water must not be applied at any time while there is a stinging or smarting sensation.

As a cosmetic it is invaluable and may be used as a substitute for water. When so used, the buttermilk is put on freely with a cloth, sopping the face, neck, and chest thoroughly. No soap is necessary. This is then washed off in warm water, to which about a teaspoonful of borax is added to a basinful of water. Fresh buttermilk is then patted on with the fingers,

cleansing must be done with soap and water, the skin being dried and buttermilk being patted on later and allowed to

ENGLISH REJECT SIDE SADDLE.

A great many English women now ride astride. For a dozen years it had been popular in England to scoff at American women for riding man fashion, but there has been a change of front since Lady Crichton, a daughter of the first Duke of Westminster, received an injury in the hunting field that may make her a cripple for life. The horn of the oldfashioned side-saddle carried her under her horse when it went down in taking a fence. Her spine was injured, and her condition was so critical that for several days she was not removed from a kitchen Form the Boston Herald. table in a farmhouse to which she was Black Chantilly lace is entering effectcarried after the accident. Riding experts | ively into the make-up of many a lingerie agreed that had Lady Crichton been hat astride she would have fallen clear of the horse, and might even, with her greater control, have held the animal from falling. It took this practical example to break down the habitual British conservatism, and now that the first steps have are still popular as the decorations on been taken, it is predicted few English ball gowns. men, within a year, will use the sidesaddle. Women astride now are in the majority in Rotten Row, the most fashspoken of as a semi-barbarian.

Tomatoes en Ragout. From the New York World.

matoes in boiling water for one min- any light work where the gown must be ute, lift them up, skin, cut them into protected. quarters; place in a small saucepan with half an ounce butter, three saltspoons salt, two saltspoons white pepper, three saltspoons sugar, half teaspoon freshly channed a sugar, half teaspoon freshly green cockade at one side.

A jaunty little steamer hat of white felt was simply trimmed by a binding and crown band of white ribbon, and a pert green cockade at one side.

Ribbon interwoven with tinsel is best cleaned with fine breadcrumbs and powdered blue, then shaken and rubbed with green cockade at one side. quarters; place in a small saucepan with chopped parsley and a half a bean of finely chopped garlic; lightly mix, place on the fire, cover the pan and let cook of tiny gold spangles and finished at the basin, put in the lace, then rub and deep dish and serve.

MORNING CHIT-CHAT.

MIXING SENTIMENT WITH MONEY MATTERS.

Sentiment and money matters get along together about one-tenth as well as oil and water. So don't

try to mix them. If you are making a business arrangement with

the closest friend you have on earth, the forms of business procedure should be observed as rigidly as if it were for some one you had never met before. I think that any business arrangement should al-

ways be a written and signed contract, though it is between David and Jonathan, or husband and wife. Indeed, I might almost say, the closer the bond,

the more need of care. For in such cases you are safeguarding your friendship or love as well as money. A misunderstanding between friends entails far more suffering than one between acquaintances. For "to be wroth with one we love works madness in the

brain." Men are sometimes careless in this way, but women are especially apt to resent business forms between friends and consider them an insult to love and friendship.

One woman who formerly felt that way came to me with her troubles the other day, asking that I would let her experience teach some one else

She was a seamstress and had boarded for several years at the home of a married sister. 'The home needed repairs and the seamstress offered to take her savings out of the bank to make these repairs. She did so. Fourteen hundred hard-earned dollars went to make the home more comfortable. No papers whatever were executed. There was simply an understanding that for the rest of her life she would be allowed to make the renovated house her home.

A year later her sister died. Her brother-in-law shortly after this began to make things unpleasant for her, finally ordering her to leave the house, serving a writ on her when she refused.

She sued him, but only recovered \$400, of which a very comfortable share went to the lawyer.

Think of the needle-pricked fingers, the toil-rounded shoulders, the million upon million of stitches on "seam and gusset and band!" that lost \$1,000 meant

And such a needless loss.

Another woman loaned several large sums of money to her son to put into a business venture. She took no notes and no entries were made on the books. "He is my son and I can trust him," she said when some one criticised this. Later he failed. Although his mother was by far his largest creditor, she could get nothing until his other creditors, who had their claims in writing, had been satisfied. And when that time came, there was nothing left.

It was through no dishonesty on his part. It was simply one of the many cases where allowing sentiment to interfere with proper business procedure proved disastrous.

There is nothing so dangerous, wrongly used, and no such protection rightly used, as the power of the written word. RUTH CAMERON.

LATEST FASHONIS.



LADIES YOKE DRESSING SACK.

Paris Pattern No. 1938

All Seams Allowed.

A delightfully convenient negligee is this pretty example of pink figured challis ornamented with a self-colored belt ribbon, tied in front, and a narrow edging of Torchon lace on the deep pointed collar and sleeve-band. This deep laydown collar may be omitted if desired. The sleeves are in three-quarter length. The pattern is in 7 sizes-32 to 44 inches, bust measure. For 36 bust the dressingsack requires 51/2 yards of material 20 inches wide, 3 yards 36 inches wide, or 2% yards 42 inches wide; 2 yards of ribbon for ties and 5 yards of edging to

| Washington | Herald | Pattern | Coupon. |
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CAUGHT ON THE WING.

A parasol of fetching air was of white at finish. The iron should be kept still Beaded and jetted tulles and chiffons

ionable bridle path in London. When an Any ordinary baby would think he was American woman rode astride on the row getting popular if he had three pairs only a year ago she was laughed at and given him at one fell swoop-but twenty! Nineteen cents is the absurdly small amount asked for a kitchen apron of lather of fine soap and cold water; wash the ribbons and rinse them several times, neat blue and white gingham. Their use always in soapy water, not clear water. is not limited to the kitchen, however, as when partly dry, iron between thin when partly dry, iron between thin Plunge four good sized, red, sound to- they are just the thing for gardening or pieces of muslin, having the ribbon per-

minutes. Remove, pour into a hem and low neeck with motifs of fine squeeze it with the hand as if the flour white lace embroidered in turquoise and were water. large gold beads, with a turquoise blue Suits of silk, from the thick and heavy satin sash below the waist line, and the shaking it will look as fresh as ever, a bit of stability.

CHILD'S GARMENTS AT THE SEASHORE

Navy Blue Serge Coat Suit and Light

Woolen Dress Very Serviceable. dressmaker. A very suitable little coat suit can be supremest hour.

trimmed both front and back with straight strappings. A gracefully shaped white linen sailor collar banded with dark blue linen, and gold buttons would add a decorative touch.

Cool mornings at the mountain and seashore make a light woolen dress most serviceable for the little maid. Striped flannel would be very satisfactory and simplicity should be the dominant feature. It might have the seams of the slightly full skirt strapped with bias bands of the material and two narow ruffles trimming the bottom of the The bloused body can have a square yoke embellished with silk trimnings and attached to it with a silk cord. A leather belt to match the color

of the frock would add a final touch.

A dainty cool dress for the afternoons would be pretty of spotted muslin. It could be made low neck and short sleeves to be worn with a guimpe and artistically trimmed with a band and artistically trimmed with a band artistic and artistically trimmed with a band of embroidered muslin, around the of embroidered muslin, around the square neck continuing down the side front, where it opens, to the belt. A band of it could also trim around the sleeves, the bottom of the skirt, while a belt of the same would look very | 228 Maryland avenue northeast,

Striped percale, tastefully trimmed with bands of plain percale to match, the prevailing tone of the material. I'd not rue this day. tle frock. The waist could be made over I shall never forget my boyhood's an adjusted lining and the skirt attached to the same. A straight yoke in little bodice bordered with bands of the plain material would look quite smart. What a brighter world 'twould bo, she said. The sleeves could be scant puffs to the elbow and met by long, close cuffs.

CHOSEN FABRICS FOR MOURNING GOWNS.

From the Chicago Tribune.

It is no longer necessary for women in ourning, especially those who are young, to be weighted down with heavy, burdensome materials. Black at any time is From the Philadelphia Ledger. stores that, if chosen for gowns, will les- with the desire to sleep overtime are as little meat as possible and no more sen the discomfort of those in mourning legion.

expensive materials for mourning. It isfy the longing for just that little nap, comes in pure silk and in a mixture of which always prolongs itself into an line taking a smaller motif. wool and silk. Its weave is that of hour or so. Yet those who make a study cashmere, or rather that of Henrietta of the human body, the brain, and its much thinner than cashmere, and exquising fine in texture. The cashmere de much thinner than cashmere, and exquisitely fine in texture. The cashmere desole in pure silk is in its lusterlessness much like the silk and wool mixture, but Put it immediately upon a clean open plate upon the ice and keep it there until used.

The cashmere despite the cold storage taints almost immediately on being exposed to the air.

The cashmere despite the cold storage taints almost immediately on being exposed to the air.

The cashmere despite the cold storage taints almost immediately upon a clean open litely fine in texture. The cashmere despite the cold storage taints are collected in the embroidery and the size of could be introduced in the embroidery with good effect.

Where one does not care to go to the trouble of hemstitching, the edges of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the larger than usual.

It is a mistake to think that an overly pointed shoe makes the foot seem more square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the larger than usual.

It for any research were more wears and the college of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the properties of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the properties of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the properties of the solid properties of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the solid properties of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the solid properties are constant to the solid properties of the square can be finished with a rolled hem needs certain hours of it. One woman and Valenciennes lace. Easier yet, the properties of the solid properties of the square can be finished with a rolled hem needs certain heart of the solid properties.

the back, with a crepelike surface, and day on only that amount.

For ordinary wear, traveling and roughing it, serge still holds its own over the popular broadcloths which are chosen by those not in black. The luster of the broadcloths forbids these to be used by the proposed of the product of the broadcloths forbids these to be used by the product of the broadcloths forbids these to be used by the product of the

are permitted to those in mourning. It is for the law of nature. Just why it is an sementeries that formerly was so much in fact.

fashion. Boleros and yokes, as well as Those few and fortunate persons who stitched to the lawn before being cut chamois, and they will be wonderfully

For evening wear nothing takes the mottoes are condensed truth place of chiffon cloth. This material conveys a sense of elegance as well as of compelled to get up through persuasion. beauty, and lends itself to the present either by an alarm clock of urgent necesfashions, which, it may be remarked, are sity. yielding more and more to graceful drap-ings. The reaction against the sheath one wants to argue the question or not. gowns, especially in the thinner stuffs, is It is not healthy to sleep through the

silk, thin, and not so lusterless as voile, is a new material suitable for those who wear light mourning and for young girls in black. These gowns are trimmed with taffeta ribbons, which add vivacity without seeming frivolous.

A black cotton net, fine in mesh and has failed. esuit may be obtained if you sit in a low embroidered dots and bands along the hair.

To prevent machine-made scallops on gowns. These are self-trimmed and pretty than to retire at midnight and get up at

THE TABLE CENTERPIECE.

It has been frequently said of late that work for every one to do in the world, centerpleces are going out, but this is

strength. Some persons go over hand- It is often dispensed with where a

In size it seems to have grown larger, as large as the table will carry.

Twenty-four inches is a good size for the ordinary table, although twenty-seven, and even thirty-inch ones are used. With a round table none but circular

a reaction against white centerpieces and herself to get up at the end of that time. To offset any sleepiness she should sleep a reaction against white centerpieces and plate doilles, and a touch of color is being for half an hour in the afternoon.

The best time is about 4 o'clock, and if the plate of the plate Mercerized cottons are more or less taking the place of silks and floss for working, as they launder so perfectly.

SNAPSHOTS OF THOUGHT. By T. M. SULLIVAN

Though thought be silent, the world feels the impact of its force. Religion expires when morals

decay. Jealousy produces fruit that

that fashions natural abilities into useful endowments. Fortune never wastes her time

ability nor courage to seize the opportunities she offers. The value of your knowledge is determined by its accuracy, not by

its volume The seeds of wisdom never germinate in a sterile mind.

the opportunties we have lost that the arrows or regret are barbed. The diamonds of honesty never sparkle so brightly as when the man of integrity resists the allure-

THE OPTIMIST COLUMN.

Contributions by members of The Washington Herald Optimist Club.

Truth has the authority of God-and so is the altar of life-the standard by which we judge character; something so deep down in the soul it can never assume one unreal attitude and knows no concealment. It has the courage of our highest thoughts, shot into us by God's arrow. It never weakens, but holds on Here are some suggestions for a few testation." It is sublimity that fears

to "honest conviction" with a grip of little dresses for small girls spending the no colors and never retreats. It is the summer at mountain or seashere. They "strength, power, kingdom, and majesty are adapted for everyday, playtime wear, of the ages;" the clearest and highest and are within the skill of the home strain in the music of life and love, and is the light that masters the soul in its

A very suitable little coat suit can be made from navy blue serge cut loose and North Weymouth, Mass.

First find out truth and then, Although she strays From beaten paths of men To untold ways. And bide thy fate!—Anon,

If we strive to teach and practice truth, b each of us there will come an hour hen the tree of life shall burst into flower, nd rain at our feet a glorious dower Of something grander than ever we knew,

Live to make others glad; Live to make others gaac;

Try to cheer earth's sorrow,

Live to make joyful the sad.

Love yourself last, my brother,

Be gentle and kind and true—

True to yourself and others

As God is true to you.—Anon,

street.

S.E. ADKINS. 2031 F street.

ld make another very attractive lit- Truth! the youth replied, is all the world to me.

Truth! and the maiden sadly bowed her head, So, with the old man, maid, and routh, All the earth, since the world began, Has found it best to tell the truth.

Then truth, the strongest link in life's golden chain. Helps to bind each thought and act of ours. That henor, love, and happiness may follow in its train.

JAMES A. CRAWFORD.

125 Buffalo avenue, North Takoma, D. C.

THE PROBLEM OF SLEEP.

warm and heavy looking. Nevertheless, The women who are troubled with inthere are many cool, fine materials in the somnia are few. Those who are troubled

The sleepyheads insist that we are Cachemire de sole is the latest of the obeying the law of nature when we sat-

two materials for expensive gowns.

If the gown is to be of silk, armure, can do on seven hours, another would lace can be seved on at the same time.

In the gown is to be of silk, armure, can do on seven hours, another would lace can be seved on at the same time. If for any reason your meat must be although not a new silk, is the chosen be exhausted and irritable through the

those who pay attention to the conventionalities of mourning.

The wool voiles are still preferred for afternoon and those milder festivities that observed that these voiles are sometimes effort to get up in the morning it would ornamented with the lusterless bead pas- take a specialist to debate; but it is a

other set forms of this sort, accompany delight in arising early should have suc- away. cess as their portion in this world if

gaining headway from day to day. early morning hours, and only illness Crystalline, a mixture of cotton and should salve one's conscience when eat-

9 o'clock or later.

Those who get up before 8 o'clock do so from sleeplessness or necessity, but it is not necessary for health. One wise man says that there is always just so much

just that much more work If a woman persuades herself that it is made scallops in this way because of the cloth is used, but for the bare table it in the morning, she should look back on added strength. On flannel worked with is more in demand than ever. necessary for her to sleep until 10 o'clock the day and realize how stampeded by Her waking hours are a mad rush from noon until bedtime. She is so tired when it is over that her extra two hours of

> than helped her health. centerpieces are used, this shape being.
>
> Every doctor who studies nerves and their influence over the mind will advise the mind will be mind will advise the mind will be m a woman to take eight or nine hours There seems to have been somewhat of sleep every night, no longer, and compel the afternoon is a strenuous time with her, then she can take her nap before

> > If too much sleep deadens one, remember that too little sleep ages one as nothing else does but continued ill health. Trying to get along on six hours' sleep or less takes ten years off a woman's life in looks, just at the age she needs most to look young.
> > It throws her digestion out of tune,

dinner. This will refresh and give her an

dulls her perceptions, and makes her ill-tempered and moody. The problem of the right amount of sleep is therefore vital. It is one of the uling moral as well as physical factors

REALTH HINTS. From the Boston Herald.

If one cannot copy the old-time women with their aromatic herbs, there are many things which can be used in the water to soften it and make it more refreshing. Among these is a lemon cut in slices and placed in the bath ten minutes before using. A little borax will also soften the water, or a bag about five inches square filled with half bran and half oatmeal. Olive oil is an excellent fattener. Some can take a tablespoonful after meal eas-

and makes the eyes bright and sparkling. The embroideries sewed on coarse linen by Austrian, Hungarian, and Roumanian peasants are greatly in demand for the many bands and straps used for trim-

digestive organs, clears the complexion,

It stimulates and makes active the

THE BUSY CORNER

\$22.50 HARTFORD AND SAXONY BRUSSELS RUGS,

· 1000 (100 mm) · 100 mm (100 mm)

\$15.98

Size 8 ft. 3 in. by 10 ft. 6 in. You'll be refitting the house for fall and winter very soon, and later on won't be able to purchase at such prices as during this Rug Sale. We call special attention to this Rug Sale at \$15.98 as being an example of the savings possible in buying now.

Any rug bought during this sale will be laid aside and stored free on payment of a small deposit. Third Floor-Rugs.

AN EASILY MADE APRON.

From the Philadelphia Public Ledger,

the house at light tasks that do not re- too prevalent. quire one to be enveloped in more service- In selecting shoes, do not ask the numable aprons.

A dainty affair of this kind, one that would make a nice prize or can be made up now for next Christmas, is so simple in construction that any one can develop ft.

can be varied from a yard to forty inches, or even more, according to the height of the wearer and the desired length of An over-candid saleswoman once said to

Hold the square to you with a point at the bust line, and at the waist line shape it by several groups of fine lengthwise tucks to form a small bib top. On each side of the point so formed put ties of the material two inches and a half with the same who whispers of new root. edges of the drawn threads, as preferred. you.

This dainty apron is capable of many ng, a bow knot design can be worked in e embroidered, those opposite the big

An individual touch could be given by compress the toes, give all sorts of trou-

Another pretty finish for the square is to mark it with a shallow scallop on the the back, with a crepelike surface, and is used for making clerical gowns. This is worn by other women.

One woman can go to bed at midnight four sides and pad and buttonhole it. Small dots or eyelets can be worked in the

ing out material underneath. The inser- the water cleaning should be avoided, but on may either be mitered at corners or for the hard transparent gems it is alstrips can cross each other about an lowed.

THE SELECTION OF SHOES.

From the Philadelphia Press Few women can resist the appeal of a It is a foolish woman who selects her daintily made apron. For sewing or at a shoes for their looks rather than for hafing dish they are indispensable, and their comfort. This foolishness is less many persons like to wear them around common than it used to be, but it is all

ber, but have the clerk measure your foot

Remember that every make of shoe dif-All that is needed is a square of thin fers; so if you get into the habit of rematerial, Persian lawn, sheer nainsook, plying. "I want a shoe that fits!" when or fine-barred dimity. The size of square your number is asked, you will save your

an over-stout customer, who hunted a Make an inch-wide hem on the four coat of modern cut: "To the deuce with sides and hemstitch it on one or both style! What you want is lines to suit

material two inches and a half wide.

These may be hemstitched all around or can be hemmed on the edges and finished does not feel comfortable in the store, it in a deep, hemstitched hem at the bot-tom.

they are cheap and attractive; that is, g, a bow knot design can be worked in e corner that forms the bib and at the only do styles in shoes change, but one's feet as well, and the job lot of shoes may bottom corner which makes a point di-rectly below it. Or the four corners can Shoes that are too pointed for your foot

Do not buy shoes in quantity because

CLEANING JEWELS,

broldery are used on a white lawn or Gold rings, brooches, anad other articles white on a pale pink lavender or blue of jewelry that are set with precious stones can be cleaned with warm water A very elaborate affair, though built on and a white soap and a very little ammo-these strictly simple lines, can be had by nia. Use a soft old toothbrush to get in running rows of insertion around the between the setting and the stone.

Square inside the lace-edged hem and cut
For rings set with turquoises and pearls

inch from the end, which is rounded and Polish the rings and pins with a soft

bright and sparkling.

ANNOUNCEMENT FOR OPTIMISTS

By THE OPTIMIST.

"Self-control" has been suggested by several of the members as a suitable subject for discussion, so I have selected it for the contest to follow "Truth," which appears next Sunday.

Contributions on "Self-control" should be sent in not later than 12 o'clock noon, Wednesday, August 25.

Unless you practice the noble quality of self-control you cannot declare yourself to be a true Optimist. The man who would help and benefit his fellow-men, and guide their thoughts and actions into right channels, must first be master of himself.

Dr. Walter Pope. in "The Old Man's Wish," makes use of these expressive lines:

"May I govern my passions with absolute sway," And grow wiser and better as my strength wears away."

Self-government is self-knowledge. The most useful knowledge that a man can acquire is the knowledge of himself. One may be a fine character reader and an excellent judge of other men, but when it comes to introspection-self-knowledge--he has a far more difficult task.

A week from next Sunday we shall hear all about "Self-control" from the members of The Washington Herald Optimist Club. For contributions on "Self-control" I will award prizes, as

For the best essay......\$5.00 | For the third.....\$2.00 For the second...... 3.00 For the next five, each.... 1.00

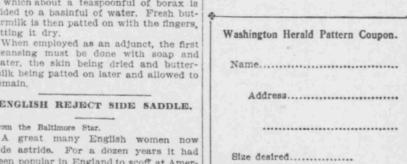
Other contributions received will be printed and will be given an award of honorable mention.

THE WASHINGTON HERALD OPTIMIST CLUB.

Please enroll my name as a member of The Washington Herald Optimist Club, and deliver to me the Club Button, the insignia of

State

Coupons may be mailed in by out-of-town members.



dressed to Pattern Department,

The Washington Herald, Washing

A royal babe of Europe had a gift of a box containing twenty pairs of bootles.

fectly smooth.

shantungs, which permit of insets of whole thing veiled by the filmiest tulle really handsome lace, to the lightest and overdress—a mere breadth of gauze—thinnest of Japanese or glace, hold their edged with a narrow gold ribbon to lend

From the Philadelphia Public Ledger. than can be eaten in a day. It becomes during the summer, necessary, however, occasionally to keep

Do not let meat stay in the paper in which it is wrapped. Nor must it stand around the kitchen for even five minutes. Put it immediately upon a clean open plate upon the ice and keep it there until

wrapped, use paraffin paper rather than fa ordinary brown paper such as butchers

It is important with chickens to go over them as soon as they are delivered. Even though carefully cleaned there is usually some part left that will hasten tainting A good preservative for meat that must be kept is to cover its surfaces thickly with black pepper. This is carefully scraped off before cooking. Though there may have been some slight odor, this

rainbow gauze. They are used on a hat that is plainly trimmed with a gowns wrapped scarf braid.

From the Boston Post. If you always sew with your feet placed on a foot rest you will find that you naturally sit straighter. The same esult may be obtained if you sit in a low

ingerie or towels from fraying when they for one season's wear. are laundered go over them with a button hole stitch, putting the needle about double buttonholing gives them extra not true.

From the Philadelphia Press. Ribbon is first dusted and then ironed between tissue paper.

soft soap, three tablespoonfuls of honey, to a teacupful of gin and water. The ribbon is placed on a board and scrubbed with the mixture. It is then rinsed by dipping several times in clean, cold water, and not squeezed out, but hung over a line to drip, then put be-tween cloths and ironed by drawing the

taffeta, rose sprayed, and edged with a with pressure upon it.

deep ruffle of black Chantilly lace. White ribbons will not turn yellow when washed if the water is warm, not hot, and the soap used a fine white qual-

Hang in the sun until half dry, then

strong blue.

press under clean muslin with a warm Black satin ribbons may be renewed by rubbing gently with vaseline.

To wash colored ribbon, make a strong

be cleaned with ammonia.

Ribbon interwoven with tinsel is best

After the lace has received a good Stripes are promised a run in the late mer, and already it seems that striped cheviots are to have first place.

TO PRESERVE MEAT.

In this hot weather it is better to buy meat over night. Every precaution should then be taken to preserve it.

almost immediately on being exposed to wear.

If you are not certain of the keeping with a clean cloth dipped in vinegar and

pepper treatment will overcome it

BUTTERFLY BOW ON BAT. From the Philadelphia Public Ledger. One of the artistic oddities in millinery and an oddity that is pretty should be

chronicled-is the butterfly bow perched in front, at top of crown. These are made of ribbon, of tet, and of

HINTS FOR THE SEWING ROOM.

half way down from the top of the scallop to the place where the needle orig-inally went in. Only every three or four stitches need to be worked into and the

TO CLEAN AND FRESHEN RIBBON.

To clean ribbon, a mixture is made in the proportion of three ounces of

ribbons from under the iron. This prevents creasing and a stringy appearance Rinse in three waters, the last being

ments of temptation.

From the Philadelphia Bulletin

or oblong tables.

Intellectual gems never require the art of the lapidary to enhance their brilliancy.

should never be preserved. Hard study is the pruning hook

It is from the remembrance of

ming both dresses and tailored suits.

Contributions need not be typewritten, though they would be much better so. It is advisable that contributions be on a single sheet of paper, if possible, with the name and address of the contributor plainly written at the bottom.

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